Your Daily Bladder Diary
This diary will help you and your health care (cam. Bladder diaries help show the causes of bladder control trouble. The "sample" line (below) will show you how to use the diary.

Your name: _

Date: _

P	A			A C C I D E N T S	Jan -
Time	Drinks	Urine	Accidental leaks	Did you feel a	What were you
*	What kind? How much?	How many How much? thnes? (chest one)	How much? (chele one)	Circle one	Sneezing exercising having sex, lifting etc.
Sample	Coffee 2 aps	√ Ssp ⊕mod ⊕lg	81 (Source) us 🙀	Yes (No	Running
6-7 a.m.		○		Yes No	
7-8 a.m.		0	<i>§</i> ⊕	Yes No	
8-9 a.m.		0	0	Yes No	
9-10 a.m.		0 0		Yes No	
10-11 a.m.		0 0 0		Yes No	
11-12 noon		© ©	\$ O	Yes No	
12-1 p.m.		© ©	\$ O O	Yes No	
1-2 p.m.		0	\$ O O	Yes No	
2-3 p.m.		0 0	<i>§</i> ⊕ ⊕	Yes No	
3-4 p.m.		0 0 0	<i>\$</i> ⊖ ⊕	Yes No	
4-5 p.m		0 0	<i>№</i> ⊕ ⊕	Yes No	
5-6 p.m.		0 0	\$ O O	Yes No	
6-7 p.m.		0 0 0	<i>½</i> ⊖ ⊖	Yes No	

P	a				
Call	Drinks What kind? How much?	Urine How many How much? times? (circle one)	Accidental leaks	Did you feel a strong urge to go? Circleone	What were you doing at the time? Sheezing exercising having sex, lifting exc.
Sample	Sala 2 cans	√ Ssn ⊕med ⊕ lg	€sm ⊖med ⊝ig	Yes (No)	Loughing
7-8 p.m.		0 0	5 0 0	Yes No	
8-9 p.m.		0 0	<i>№</i> ⊕	Yes No	
9-10 p.m.		0 0 0	<i>₽</i> ⊕	Yes No	
10-11 р.т.		0 0 0	<i>№</i> ⊕ ⊕	Yes No	
11-12 midnight		0 0 0	£ 0 0	Yes No	
12-1 a.m.		0 0	5 O	Yes No	
1-2 a.m.		0	5 O	Yes No	
2-3 a.m.		0 0	<i>№</i>	Yes No	
3-4 a.m.		0 0 0		Yes No	
4-5 a.m		0 0	\$ O O	Yes No	
5-6 a.m		0 0	0 0	Yes No	
I used	pads. I used	diapers today (write number).	er).		
Questions	Questions to ask my health care team:	Sam:			

Let's Talk About Bladder Control for Women is a public health awareness campaign conducted by the National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC), an information dissemination service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health.